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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Mon. June 6/27. ~~(Weekly Release)~~

(NOT FOR PUBLICATION)

ANNOUNCEMENT: Today's Chat includes a short talk on dressmaking, especially the fitting of dresses and blouses; a menu for a company dinner; and a recipe for gooseberry jam. Approved by U. S. Bureau of Home Economics.

---ooOoo---

"I can't stand it!" said my Next-Door Neighbor as she sat down on my door step, and fanned herself with her garden hat. "I simply cannot stand it, and I don't see how anyone, who pretends to like good food, can even imagine she likes it!"

"Likes what?" I asked, knowing I was supposed to ask just that.

"Alligator pear salad!" exclaimed my Neighbor. "I have eaten a good many queer dishes in my life, but never anything so slippery, so exasperating, as an alligator pear, in a salad. Do you like it, Aunt Sammy?"

"I certainly do. Remember what Ellis Parker Butler says about it:

'I like alligator pear
In a salad anywhere;
Like it with French dressing rich
But I like it anywhich;
I would like it made by you
Or if made by anywho;
Liked it yesterday, and now,
Anywhere and anyhow;
I like alligator pear
In a salad anywhere.'

"It's all a matter of taste," I added. "And let us be thankful for a divergence of taste, in this age of standardization. Personally, I think that the avocado, or the alligator pear, makes a most delectable salad. Nutrition specialists say that the alligator pear is an excellent source of at least two vitamins, and --"

"Of course!" exclaimed my Neighbor. "I might have known you'd tell me that alligator pears are full of vitamins or some other valuable food substances. What is that you are reading, Aunt Sammy?"

"A new pamphlet, just published by the Bureau of Home Economics. It is called 'Fitting Dresses and Blouses,' and was written by Miss Maude Campbell, a specialist in clothing. It explains the fine points of fitting dresses;what to do for shoulder seams incorrectly located, for sleeves that twist and wrinkle, for skirts that hike up in the middle. It is well illustrated. Even the woman who knows very little about cutting out and fitting dresses could follow the adivce

given here, and the professional dressmaker will find the information of much value.

"How does the book describe a well-fitting dress?" inquired my Neighbor.

"The author says that a well-fitted garment allows freedom of movement, without being too large, and is free from ugly wrinkles and folds. Garments fitted moderately loose are best suited to large figures, for tightness emphasizes the curves, and makes the figure appear larger. Make any garment too loose rather than too snug. Be sure to allow for shrinkage of the material when it is cleaned.

"In general, the warp or weft of the material in a properly fitted garment runs straight around the figure at the hips and chest, and at the largest part of the arm, when a set-in sleeve is used. Under-arm seams, and center front and back threads of any garment, should be perpendicular to the floor.

"Skirts should hang straight, without swinging to the front or to the back. If the hem line is even, it is the same distance from the floor at all points.

"When fitting the garment, try the seams in different positions, especially those of the shoulder. Study the figure, to find the position which will emphasize the best features, and conceal those which are not so good. It is better to put the attention on the fitting of the figure, rather than on keeping the lines of the pattern.

"The final test of the fit of a dress should be made while sitting. It shoul be perfectly comfortable, and no unsightly wrinkles should develop in this position.

"A good suggestion," commented my Neighbor. "What does Miss Campbell say about basting?"

"She says that accurate basting and stitching, and careful pressing, are quite essential in a well-fitted garment. After the garment is basted, and fitted, the stitching must follow the line of basting accurately, or the size of the garment will be changed.

"Press each seam as it is finished, especially when working with silk or wool materials. One final pressing, after the dress is finished, will not produce the same results. Turn the shoulder and underarm seams toward the front, if they are not pressed open. Turn the armhole seam and shoulder darts toward the neck."

"Does she give any rule for determining which is the right and which the left sleeve?"

"Let me see. Here it is: 'In the shirt or middy-blouse type of sleeve, the armscye edges coincide, and either sleeve may be placed in either armhole, provided there is no right and left finish at the bottom. If one side of the sleeve is slightly higher than the other, the high side is the back. See, here's the diagram."

"I must send for that booklet," said my Neighbor. "The diagrams would help me considerably, in altering commercial patterns to fit my somewhat stoutish figure.

Let me take the number-- Farmers' Bulletin Number Fifteen-Thirty, 'Fitting Dresses and Blouses.' Now I must leave you, Aunt Sammy, while I dash home and prepare a perfect dinner for my husband and his out-of-town guests. He 'phoned me, just an hour ago, to say he is bringing his Aunt Ella and Uncle Henry home to dinner tonight. They are here for the convention. Just like a husband," sighed my Neighbor. "Always depending on his wife to get up a company dinner, with a few hours' notice."

"You should feel flattered," I said, "at the faith he has in you. Perhaps he wants his Aunt Ella and Uncle Henry to know what an excellent cook you are. What's your menu?"

"This," said my Neighbor, counting off the dishes on her fingers. "First course, broiled ham, creamed potatoes, fresh peas, hot biscuits and butter. Second course, strawberries and pineapple, served together, with angel food cake. I haven't enough strawberries or enough pineapple to go around, but if I combine the two, there will be enough dessert for everybody. And that, with the angel food cake you taught me to make, will be all the dessert anyone could desire. Have you any suggestions, Aunt Sammy?"

"Certainly," said I. "I didn't spend half the day yesterday removing the tops and tails from gooseberries, and making gooseberry jam, without getting an idea. If you like gooseberry jam--"

"I adore it!" exclaimed my Neighbor.

"Then I'll give you a glass of mine. You can serve it with the hot biscuits and butter. Now let's repeat your menu: Broiled Ham; Creamed Potatoes; Fresh Peas; Hot Biscuits and Butter and Gooseberry Jam. For dessert, strawberries and pineapple, and angel food cake."

"Complete," said my Neighbor. "Now give me the recipe for gooseberry jam, so I can make some myself this week."

This is my recipe, for gooseberry jam. Only two ingredients:

4 pounds gooseberries, and
4 pounds sugar

Four pounds of gooseberries, and four pounds of sugar-- that's right.

Remove the stems, or the "tops and tails", from the gooseberries. Wash them well, then crush and cook until fairly tender. Add the sugar and continue cooking until thick. If the berries are ripe and not so acid three fourths as much sugar as fruit can be used. Pour into hot sterile glasses or jars and seal, label, and store in a cool place.

Gooseberry Jam is very good with hot biscuits and butter, and it makes a delicious dessert, with crackers and cream cheese.

Let me remind you again, about the new bulletin on "Fitting Dresses and Blouses." It is free, and I'll be glad to send it to anyone who writes for it.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Week of June 13.

(NOT FOR PUBLICATION)

ANNOUNCEMENT: Sunshine and Its Effect on Children, and How to Make Play Suits for Summer, are the main topics for discussion today. All information approved by the U. S. Bureau of Home Economics.

---ooOoo---

Do you ever try to persuade the head of your family to do something he doesn't want to do? And does he put it off, and put it off, till you get tired of reminding him? That's the way with Uncle Ebenezer. While I am fond of Uncle Ebenezer, still, he does exasperate me terribly, sometimes.

Ever since the warm weather set in, I have been urging Uncle Ebenezer to screen the back porch, so that we might eat outdoors during the hot weather. He bought the screen-- a good grade of cooper screen-- and the lumber, and then lost all interest in the project.

"Aunt Sammy," he said, "you know I can't work without an inspiration. As soon as I am inspired to screen the back porch, I shall screen it. Sir Christopher Wren may have been a great architect, but I shall outdo him, when I design our screened-in back porch."

For one week, I waited for the inspiration. It came one evening while we were sitting on the back porch, reading. All at once I heard Uncle Ebenezer talking to himself.

"It must be true," he muttered. "It must be true, because it's in the paper. Listen to this, Aunt Sammy: 'Scientists have calculated that the progeny of a single pair of flies, during the active season, is about 195 trillion, 312 billion!' Ods bodkins, what a lot of poor relations a fly must have!"

Uncle Ebenezer was pensive for a moment. "The subject of flies," he said, "while not an elevating one, reminds me of a verse:

'The early fly's the one to swat,
It comes before the weather's hot.
It sits around and cleans its legs
And lays almost a billion eggs.
And every egg will hatch a fly
To drive us crazy by and by.'

"I suppose," commented Uncle Ebenezer, "that the proper way to get rid of flies is to eliminate their breeding places."

"Quite so," I replied. "That problem is well handled, in this community.

For every housewife knows the danger of having a single fly in her kitchen. The innocent-looking fly which treads lightly over the butter may have loads of germs on its filthy legs. Germs of typhoid fever, dysentery, Asiatic cholera, and infantile diarrhea, are carried by flies. In spite of our precautions-- our careful disposal of garbage, and all other refuse-- we are occasionally visited by house flies. We fortify our homes against these summer pests by means of fly paper, poisons, swatters, and screens. Some of my neighbors even have screened-in back porches!"

"A-ha!" said Uncle Ebenezer. "Methinks I have fallen into a trap! Very well, Aunt Sammy, tomorrow morning, as bright and early as it's possible for me to arise, I shall begin work on the back porch. If our neighbors have screened-in back porches, we must have one, too."

The next morning, after breakfast, Uncle Ebenezer donned his carpenter's apron, carried his tool chest to the back yard, and went to work in earnest. About 10 o'clock he appeared at the back door: "Where's my yardstick?"

"Call Billy, and see whether he knows anything about it."

In answer to Uncle Ebenezer's call, came Billy and six of his young playmates.

"You 'sturbed our game," said Billy, out of breath.

"Where's my yardstick?" demanded Uncle Ebenezer.

When the yardstick was found, the children scampered off, and Uncle Ebenezer came into the kitchen. He sat down in my easy chair, and wiped the perspiration from his brow.

"Aunt Sammy," he asked, "what has happened to the kids in this neighborhood? What are these new-fangled clothes they are all wearing?"

"Uncle Ebenezer," I said, "you grow more old-fashioned every day. Those children are wearing their sun suits. Haven't you ever heard about the disease called rickets, which affects 90 per cent of the babies in the North Temperate Zone? Rickets is caused by lack of sunlight."

"Yes," said Uncle Ebenezer, "but what has rickets to do with these abbreviated costumes?"

I saw then that it was high time to take Uncle Ebenezer in hand, and give him a lecture. His ignorance, along some lines, is simply appalling.

"Uncle Ebenezer," I began,"you know that sunlight is a most important factor in the life of a growing child, especially a baby. The normal growth of a child's bones depends, not only on the food he eats, but also upon the direct sunlight he receives, for the sunlight provides the body with the power to utilize the food. If a baby does not have enough direct sunlight, his bones will not develop normally, his muscles will be flabby, and his skin pale. He will probably have rickets.

"Rickets is a condition which affects the whole body, but most strikingly, the bones. In hot climates, where children are outdoors in the sun all year, rickets is little known; in temperate climates, where children are kept indoors a large part of the year, rickets is prevalent. Since rickets may be caused from the lack of sunlight, it can be prevented or cured by sunlight, or by cod-liver oil, which is called "bottled sunshine." When the weather is bad, or when the children can't get out of doors in the sunshine, it is well to give them cod-liver oil regularly.

"You have heard me mention the ultra-violet rays in the sunshine. These are the rays of the sunlight which have such a powerful effect on living matter-- they destroy bacteria, and heal tuberculosis, and rickets. But since these rays will not penetrate ordinary window glass, nor heavy clothing, we must see that children get out into the sunshine. Is that clear?"

"Quite clear," said Uncle Ebenezer. "But I thought delicate babies had to be protected from direct sunlight. Isn't that so?"

"It is a tradition, handed down from generation to generation, and contains no more truth than do most traditions. Mothers used to believe that babies had to be protected from the sun. So they bundled the poor infant in many layers of clothing, and adjusted the hood of the baby carriage, so the child wouldn't get a single ray of sunshine. Of course the ultra-violet rays, which every baby needs, could not penetrate the hood and the clothes, to reach the baby.

"The beneficial effect of sunlight is not obtained unless the rays reach the skin directly. Clothing or window glass keep out the ultra-violet rays. It is only when the skin begins to be tanned that any benefit may be expected. Sun baths, in the direct sunlight, are the simplest method of giving the baby enough ultra-violet light. Of course each mother must use discretion, and begin by exposing her child gradually, for short periods, and keep him protected from the wind."

"Yes," said Uncle Ebenezer, "but still I don't see why Billy's friends can't wear clothes. It wasn't considered quite, well-- decent-- in my day, to run around half naked."

"Stuff and nonsense!" I said. I said it twice, because I was so provoked. "Stuff and nonsense! What's the use to take a sunbath, unless you expose your body to the sun? You might as well take your daily shower, in raincoat and rubber boots! During spring and summer, the sunlight is most beneficial. Modern mothers know this, and that's why they dress their children sensibly. Clothing for sun baths should be low in the neck, short in the legs, without sleeves, and made of white or light-colored fabrics. Dark materials screen off more sun than do light materials.

"The littlest girl in Billy's crowd was wearing a sun suit with a semi-transparent top, which the sun's rays can permeate, and a lower section which is not transparent. Her suit was cut from a romper pattern which buttons on the shoulder, with deep-cut, roomy, armholes, and short legs. The lower section, made of yellow gingham, is joined to the white cotton voile top with a gracefully shaped point in front and back. She has other sun suits, some of them made with

coarse bobbinet tops, and the lower sections of gingham or cotton prints. Betty Lou has unmistakable signs of rickets, and her mother wants her to get all the sunshine she needs.

"Junior Johnson was also dressed in a sun suit made from a romper pattern. His suit has a top of cross barred lawn, and a bottom of strong white nurses' uniform cloth. I told his mother the suits would be hard to keep clean, but she says they're easy to make, and easy to launder, and she likes to have Junior dressed in white.

"The Hoover twins have sun suits made with white tops, and bottoms of blue or brown, which do not show soil quite so easily. One of the little girls in the neighborhood objected to wearing a suit with a transparent top, so her mother made suits of gingham, and cotton prints. They are cut sleeveless, with deep armholes and short legs, like Billy's gingham suits.

"Some of these children played outdoors in their sun garments as soon as the temperature reached 80 degrees. Of course, exposure to the sunshine must be worked up gradually. If a young child is placed in the sun for several hours on the first hot day, he may be ill, and suffer from blisters. Tanning should be brought about, even in healthy children, by gradual exposure. On very hot days, 90 degrees or more, some protection for the head is advisable. Betty Lou wears a sunbonnet of gingham, with an airy top and a shield for her eyes. On very hot days, when the thermometer registers around 95 or 100 degrees, the children do not play in the direct sun, during the heat of the day, from 11 to 3, because the heat has a weakening effect on the child's body. Have I made my lecture sufficiently clear?"

"So clear," said Uncle Ebenezer, "and so entrancing, that I can scarce tear myself away, to continue the prosaic task of screening the back porch."

Heaving a deep and heavy sigh, Uncle Ebenezer left the kitchen, and by 7 o'clock the porch was screened.

Next week I shall give you a menu, and at least one new recipe.

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UNITED STATES DEPARTMENT OF AGRICULTURE

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PROGRAM.....Housekeepers' Chat..... RELEASE Mon. June 27/27.

(NOT FOR PUBLICATION)

ANNOUNCEMENT: Today's program includes refreshments for unexpected company; information on the proper care of milk during the hot weather; a dinner menu; and two new recipes. Approved by U. S. Bureau of Home Economics.

---ooOoo---

As I remarked to Uncle Ebenezer, Thursday night, whenever I plan to spend a quiet evening, answering letters, something unexpected always turns up.

"That reminds me!" exclaimed Uncle Ebenezer excitedly. "This is the night I declare, I had forgotten all about it!"

"You are growing very absent-minded," I said. "This is the night for what?"

"The night my Writers' Club meets out here! Could you possibly fix up a little something for us to eat? Don't go to any trouble--serve what's in the ice-box. There's the doorbell-- must be one of the crowd."

Well, you can imagine how panicky I felt.

I put my letters away, and donned my rose-colored smock, because it always has a cheering effect on my disposition. Then I made a mental list of the food on hand, which might serve as "refreshments" for the 8 literary members of Uncle Ebenezer's club. My list included one can of pineapple, three oranges, three bananas, a small can of maraschino cherries, a few marshmallows, a cupful of pecan nut meats, a head of lettuce, and a package of Roquefort cheese. No bread, and only enough butter for breakfast.

I hurried over to my Next-Door Neighbor's. "Sell me a loaf of bread" I urged, "and some butter. I can at least make sandwiches."

"I'm out of bread," said my Neighbor, "and I'm out of butter. Let me think a minute-- Here's a half-pint of whipping cream, and a big package of those good-tasting little round crackers, and-- That seems to be all."

"That's enough," said I, taking the cream and the crackers. "Excuse my haste, I'll settle with you tomorrow."

Back home I went, repeating my menu to myself: Fruit salad with whipped cream; crackers and Roquefort cheese; and coffee. Serve everything, including the coffee, on the dinner plates. Don't forget the salad forks, and spoons for the coffee. Don't forget that Mr. Fritter drinks tea instead of coffee.

I cut the pineapple, oranges, and marshmallows, into small pieces, put them in a bowl, and set the bowl in the ice box. Then I whipped the cream, and

placed that in the ice box. The bananas were cut and placed on the salad just before serving, because they turn dark if they stand too long. As soon as he could get away, Uncle Ebenezer came in, and offered to help.

"Make the coffee," I suggested. "One tablespoonful to a cup."

I toasted the crackers, just enough to make them crisp, spread them with Roquefort cheese, and sprinkled a little paprika on top. Then I arranged the lettuce on the plates, put the fruit salad mixture and the pecan nut meats on the lettuce, a spoonful of whipped cream on the fruit, and a maraschino cherry on top of the whipped cream. Beside each salad I placed three crackers.

"Bring the coffee," I said to Uncle Ebenezer. "You pour it, and I'll serve."

"It's not ready!" said Uncle Ebenezer, his voice full of emotion. "Come and see wherein I have erred!"

"You have erred," I explained, after one glance into the percolator, "by putting the coffee in the bottom, rather than in the top, of the percolator. I'll make the coffee. You get the napkins, the ones with the butterflies in the corner. Remember to put the sugar and cream for the coffee on the small silver tray."

Uncle Ebenezer did as he was told, and within a few minutes, the refreshments were served, and everybody was enjoying himself. I toasted two extra trays of crackers, and made a second cup of coffee around.

When the last guest said goodnight, he added, "That was a wonderful little lunch, Aunt Sammy. Didn't seem to worry you at all, preparing food for this crowd. In fact, I believe you enjoyed it."

And what do you think I said? I shook hands politely, and told him to come back again. There are some things no discreet housewife ever tells-- unless she is broadcasting a Housekeepers' Chat.

That's quite enough about my problems-- now let's talk about yours.

Here's a letter from a mother who wants to know the best way to take care of milk, in the summer time. She believes that many children's difficulties, in the summer, are due to lack of care in handling milk, rather than to the fact that the milk disagrees with the children.

We know that milk should be kept clean, covered, and cool, in order to prevent the bacteria in it from developing, and causing it to spoil. The best way of buying milk is in bottles-- because in this form it can be kept clean, covered, and cool.

Even milk that looks clean may contain germs of such diseases as typhoid fever, tuberculosis, and diphtheria, if drawn from diseased cows, if handled by persons carrying the germs of these diseases, if the utensils are washed in polluted water, or if the milk is contaminated by flies.

Pasteurizing milk, or holding it at a temperature of 145 degrees Fahrenheit, for 30 minutes, is the best practical method of destroying dangerous bacteria. Milk can be pasteurized at home, and this should be done if there is any question about the purity of the milk. Farmers' Bulletin Number Thirteen Fifty-Nine, "Milk and Its Uses in the Home," explains the method of pasteurizing milk at home. This bulletin is free.

Sometimes milk delivered early in the morning is left on the porch, in the sunshine, until 9 or 10 o'clock. This is wrong. If the milk can't be brought into the house at once, the delivery man should be asked to leave it in a sheltered place, or in a covered box. Even a temporary rise, in the temperature of milk, helps the development of the bacteria which are held in check while the milk is cold.

As soon as possible after delivery, the milk should be put in a cool, clean place, and kept there until used. It should never be exposed to the air of the kitchen or nursery.

The best temperature for keeping milk is 50 degrees Fahrenheit, or less. In the ordinary refrigerator, unless the milk bottle actually touches the ice, the milk will be colder at the bottom of the refrigerator, than in the ice compartment, for cold air settles rapidly.

The refrigerator should be kept clean and sweet, at all times. It is a good plan to inspect it thoroughly, at least once a week, to see that the outlet for water is open, and the space under the ice rack is clean. Also, the food compartments should be washed often, with water to which washing soda has been added, for particles of food dropped in the refrigerator are likely to spoil, and cause other foods to spoil.

Bottled milk should be kept in the bottle until needed. In fact, from a sanitary standpoint, serving milk on the table, in the original bottle, is an excellent practice. In any case, a milk bottle, especially the mouth, should be cleaned carefully before the milk is poured from it, and only the amount needed should be poured out at a time. Keep the bottle covered with a paper cap, or an inverted tumbler.

New milk should never be mixed with old, unless it is to be used at once, because the old milk is likely to contain a larger proportion of bacteria, and to be warmer. Some persons even go so far as to say that milk or cream that has been exposed to the air, by being poured out of the bottle, should not be poured back into the general supply.

There is one more question, which requires a long answer. If you don't mind, I think I shall answer this question by mail, and spend the rest of my time today on the dinner menu, and the recipes.

This is an especially good hot-weather dinner, since it does not require much time for preparation. It is substantial, too-- hearty enough to satisfy the hungriest boys and girls.

R-H. C. 6/27/27.

Pencils ready, for the menu: Shredded String Beans and Fresh Pork; Creamed New Potatoes with Peas; a salad of sliced tomatoes and cucumbers, on lettuce; bread and butter; and for dessert, peanut butter cakes, and lemonade.

Now please take the recipe for Shredded String Beans and Fresh Pork. Only four ingredients, as follows:

1 quart shredded string beans
1 pint shredded cooked pork
1 teaspoon salt
2 tablespoons butter

Please check the four ingredients: (Repeat)

Melt the butter in a heavy iron skillet, and add the beans and the pork. Cover and cook for 20 or 25 minutes, turning the beans and pork frequently. Serve on buttered toast. The beans should be young and tender when this method of cooking is used.

The next recipe is for the peanut butter cakes, which are to be baked in muffin tins. Nine ingredients for peanut butter cakes:

4 tablespoons peanut butter
2 tablespoons butter
1/2 cup sugar
1 egg
1/2 cup milk
1-1/2 cups soft wheat flour
2 teaspoons baking powder
1/4 teaspoon salt
1/2 teaspoon vanilla

Count your ingredients, please, while I read them again: (Repeat).

Mix the butter, peanut butter, and sugar well. Add the beaten egg and the sifted dry ingredients alternately with the milk. Add the vanilla. Bake in greased muffin tins in a moderate oven for about twenty minutes.

I shall repeat the menu: Shredded String Beans and Fresh Pork; Creamed New Potatoes with Peas; Tomato and Cucumber Salad; Bread and Butter; Peanut Butter Cakes, and Lemonade. You might change the beverage to orangeade, if you like, or a combination of whatever fruit juices you have in the refrigerator.

A good many of you have sent me questions about canning, this month. Don't forget about the bulletin on "Canning Fruits and Vegetables at Home," which is sent free to all women who write for it.

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